

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

[www.waukeshacounty.gov/
adrc](http://www.waukeshacounty.gov/adrc)

After hours call

IMPACT 2-1-1

211, or toll free

1-866-211-3380

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7 Helpline)

www.alz.org/sewi

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September is National Suicide Prevention Awareness Month

September is National Suicide Prevention Awareness Month - a time to share resources in an effort to shed light on this important topic. While suicide prevention is important to address year round, Suicide Prevention Awareness Month provides a dedicated time to come together with collective passion and strength around a difficult topic. The truth is, we can all benefit from honest conversations about mental health conditions and suicide, because just one conversation can change a life. For additional resource information please visit:

www.mentalhealthconnection.life.

To engage in conversation, learning, and prevention efforts, the Waukesha County Suicide Prevention Initiative (WCSPI) was developed. The WCSPI is dedicated to reducing the number of deaths by suicide in Waukesha County by scaling up evidence-based mental health practices in prevention, stigma reduction, and access to treatment. The WCSPI is a highly engaged group of community and family members, health care providers, and individuals with lived experience. All are welcome to attend the meetings which are held quarterly; the next meeting will take place on September 17, 2019, (9 a.m. - 11 a.m.) at Waukesha Memorial Hospital in the Treiber Auditorium. For more information please contact:

info@namiwaukesha.org.

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender, or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues. Knowing how to find help is critical.

If someone is in immediate danger call 911 immediately. Waukesha County offers Crisis Intervention Services 24/7 (<https://www.waukeshacounty.gov/globalassets/health--human-services/mobile-crisis-intervention-brochure.pdf>) as well as an array of clinical services for those with mental health and substance use conditions.

To access or receive information about these services, citizens of Waukesha County can contact:

For Crisis Services

Local 24/7 Crisis Intervention Services:

262-547-3388 (24/7)

262-548-7666 (8:00 am –4:30 pm M-F)

National Suicide Prevention Lifeline:

1-800-273-TALK (8255)

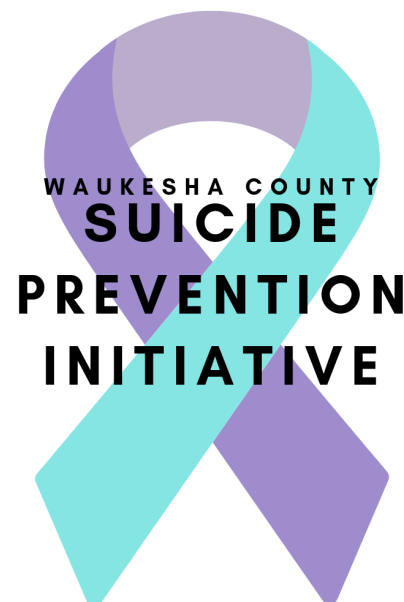
Hopeline: Text "HOPELINE" TO 741741

For Mental Health and Substance Use

Treatment Services

Waukesha County Mental Health and
Substance Use Outpatient Clinic:

262-548-7666 (8:00 am –4:30 pm M-F)





Planning: An Important Resource for Spousal Caregivers

Given the significant number of adult child caregivers of older parents, it is easy to assume that most older adults are receiving help from family. However, a study published in the June issue of Health Affairs shows married partners frequently serve as the only caregiver for their spouse in the last years of life. According to the

study, a third of spouses receive little or no help from adult children. Only 11% of spouse caregivers receive support from other family or friends, and just 40% of spouse caregivers seek paid help. In fact, the majority of spouses who provided care at home during the last years of their spouse's life did not receive any support - paid or unpaid - for self-care or household tasks.

Solo caregiving for a spouse does have some positives. Doing so can be a meaningful and valued personal experience that connects the caregiver to their loved one. It also allows the caregiver more control by avoiding any arguments among multiple caregivers on how to proceed. At the same time, spouses as caregivers experience more burden and depression than other family members do. They may struggle to ask for help or feel they lack choice about providing care. They also often provide complex and physically-demanding care when a spouse is seriously ill.

Families must take into account that older adults caring for a spouse are often coping with illness and disability themselves. In some cases, couples have functioned like two parts of a whole—dependent on one another to get by. It is common for one care partner to handle certain tasks of daily living while the other manages to take on the rest. Caregivers in this situation are particularly vulnerable when they don't have help, and it can sometimes be difficult to distinguish the caregiver from the care recipient.

Often times, we tend to focus more on the care needs of the person who is seriously ill, rather than on their caregiver and the caregiver's needs. Programs like the National Family Caregiver Support Program (NFCSP) play a prominent role in helping caregiving partners access paid help. Unfortunately, need is quickly outpacing resources available for grants alone. When considering how to best support caregiving couples and to help them avoid the most serious pitfalls, planning is a critical component.

If you are an older adult providing care to your spouse, the Aging and Disability Resource Center of Waukesha County can help you look at available resources and find support. Early on, respite and self-care are important priorities, as is understanding what you are capable of providing as time goes on. Important considerations include: What happens when your home no longer works for your changing needs? What are your options given your health status and financial situation? How do you stay connected in the community so you don't become isolated? What are your wishes for end-of-life care? It can be painful to plan how you will manage when a long marriage or partnership changes dramatically. It doesn't come naturally to us to plan for the inevitable losses life brings, but doing so can bring relief and even peace of mind.

If you are an adult child with one parent who is caring for the other, important considerations also include what kind of help they are willing to accept and what kind of help the caregiver is realistically capable of providing. The ADRC can help with individualized education, options, and resources. Delaying seeking assistance until an inevitable crisis occurs multiplies caregiver stress and limits choices for everyone involved.

—Jane De Broux, Dane County Caregiver Program Coordinator

NOTE: If you would like to know more about the Health Affairs study, please see the link below

<https://www.healthaffairs.org/doi/full/10.1377/hlthaff.2019.00087>

**Dementia Friendly Elmbrook
invites you to join them for a free
educational event!**



Thursday | October 10, 2019
Elmbrook Church | 777 S. Barker Road | Brookfield, WI 53045
1:00-4:30 p.m.

Learn more about how our community is working together to support those living with dementia and their loved ones.

Our speakers for this event will be:

Tom Hlavacek, Former Executive Director of the Alzheimer's Association,
Southeastern chapter
Nancy Shea, Elmbrook Hospital Pharmacist

For more information, please contact Nancy Shea at (262)617-7152 or by email at nancysheabcgp@email.com

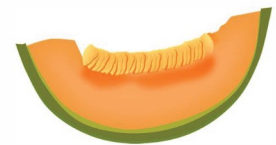
HARVEST OF THE MONTH

The "Harvest of the Month" program highlights a locally available crop each month to help the community learn more about healthy, seasonal, whole-foods, in partnership with ProHealth Care and the Washington/Ozaukee Public Health Department.

For September, the highlighted produce item is Cantaloupe! Check out the Live Well website for more information and featured recipes.

To learn more and sign up for the monthly e-newsletter visit: <https://www.waukeshacounty.gov/livewell>

Harvest of the Month
the
SEPTEMBER
CANTALOUPE



For more information visit:
[waukeshacounty.gov/LiveWell](https://www.waukeshacounty.gov/LiveWell)



Fall Sunset/Candlelight Hikes

Join us for a self-guided hike to continue the "Live Well Waukesha County (LWWC)" initiative. Candles will be available to light the way, or come early and enjoy the park's natural beauty at sunset. Free entrance for all participants.

UPCOMING EVENTS

October 11th - 6 p.m. - 8 p.m. - Menomonee Park, by the beach house
October 17th - 6 p.m. - 8 p.m. - Mukwonago County Park, picnic areas 2 & 3
October 24th - 6 p.m. - 8 p.m. - Retzer Nature Center



Hispanic Heritage Month

During National Hispanic Heritage Month (September 15 to October 15), we recognize the contributions made and the important presence of Hispanic and Latino Americans to the United States and celebrate their heritage and culture.

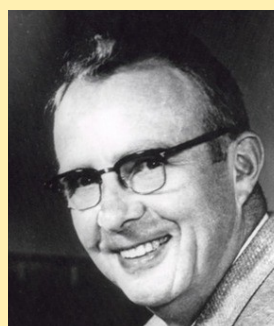
Hispanics have had a profound and positive influence on our country through their strong commitment to family, faith, hard work, and service. They have enhanced and shaped our national character with centuries-old traditions that reflect the multiethnic and multicultural customs of their community.

Hispanic Heritage Month, celebrated since 1968, begins each year on September 15, the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. Mexico, Chile, and Belize also celebrate their independence days during this period. The celebration of Columbus Day (Día de la Raza) also occurs during this month on October 12th.

Today, 57.5 million people or 18% of the American population are of Hispanic or Latino origin. This represents a significant increase from 2000, which registered the Hispanic population at 35.3 million or 13% of the total U.S. population.

Share in this special annual tribute by learning and celebrating the generations of Hispanic and Latino Americans who have positively influenced and enriched our nation and society.

- Luis Walter Alvarez was an American physicist, inventor, and professor whose grandfather, a physician lived in Spain, Cuba, and eventually moved to the United States. Alvarez worked on numerous radar projects during World War II and in 1968 won the Nobel Prize in Physics.
- Sonia Maria Sotomayor is the first justice of the Supreme Court to be of Hispanic descent. Born in New York City, her parents were both from Puerto Rico.
- Baruj Benacerraf was a Venezuelan-American immunologist who shared the 1980 Nobel Prize in Physiology or Medicine for the discovery of the major histocompatibility of complex genes.
- Franklin Ramon Chang Diaz, born in San Jose, Costa Rica, moved to Connecticut where he earned several degrees in mechanical engineering and plasma physics. He was selected as a candidate to become a NASA astronaut in 1980 and travelled on 7 missions between 1986 and 2002. Currently, he is an Adjunct Professor in Physics and Astronomy at Rice University. He has earned the Medal of Liberty and was named to the NASA Astronaut Hall of Fame.



[My father] advised me to sit every few months in my reading chair for an entire evening, close my eyes and try to think of new problems to solve. I took his advice very seriously and have been glad ever since that he did.

— Luis Walter Alvarez —

Mes de la Herencia Hispana

Durante el Mes Nacional de la Herencia Hispana (15 de septiembre al 15 de octubre) reconocemos las contribuciones y la presencia importante de hispanos y latinoamericanos a los Estados Unidos y celebramos su patrimonio y cultura.

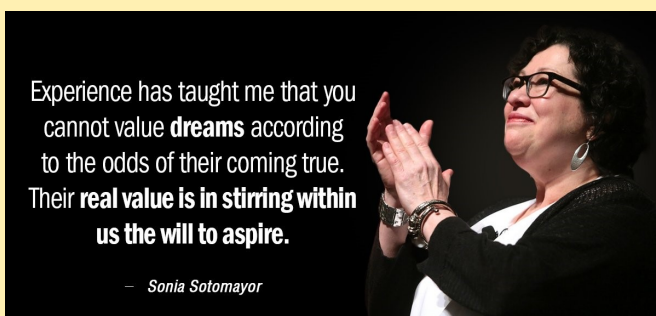
Los hispanos han tenido una influencia profunda y positiva en nuestro país a través de su fuerte compromiso con la familia, fe, trabajo duro, y servicio. Han mejorado y conformado nuestro carácter nacional con tradiciones centenarias que reflejan las costumbres multiétnicas y multiculturales de su comunidad.

El Mes de la Herencia Hispana, cuyas raíces se remontan al 1968, comienza el 15 de septiembre en el aniversario de la independencia de cinco países latinoamericanos: Costa Rica, El Salvador, Guatemala, Honduras y Nicaragua. México, Chile, y Belice también celebran su día de independencia durante este periodo. El Día de la Raza es el 12 de octubre.

Hoy en día 57.5 millones de personas o 18% de la población americana son de origen hispano o latino. Esto representa un aumento significativo desde el año 2000, en el que la población hispana registrada era de 35.3 millones o 13% de la población estadounidense total.

Comparta este tributo anual especial, aprendiendo y celebrando a las generaciones de hispanos y latinoamericanos quienes han influido y enriquecido positivamente a nuestra nación y sociedad.

- Luis Walter Álvarez fue un físico, inventor, y profesor cuyo abuelo fue un médico quien vivió en España, Cuba, y eventualmente se mudó a los Estados Unidos. Álvarez trabajo en varios proyectos de radar durante la segunda Guerra Mundial y en 1968 gano el Premio Nobel en física.
- Sonia María Sotomayor es la primera juez de la corte suprema de ascendencia hispana. Nació en Nueva York y sus padres eran de Puerto Rico.
- Baruj Benacerraf fue un inmunólogo que en 1980 compartió el premio Nobel de fisiología o medicina por el descubrimiento de la mayor histocompatibilidad de genes complejos.
- Franklin Ramón Chang Díaz nació en San José, Costa Rica y se mudó al Connecticut donde ganó varias licenciaturas en ingeniero mecánico y física de plasma. Fue seleccionado como candidato para ser un astronauta por NASA en 1980 y salió en 7 misiones entre 1986 y 2002. Ahora mismo es un profesor auxiliar en física y astronomía en la Universidad de Rice. El ganó la Medalla de Libertad y fue nombrado al Salón de Fama de Astronauta de la Nasa.



Evidence Based Health Promotion Programs

Programs offered by the ADRC of Waukesha County meet the highest-level research criteria as determined by the National Council on Aging and the National Institute of Health. The primary goals of Evidence Based Prevention Programs are to empower participants to adopt healthy behaviors, improve the health status of participants, and to help prevent the onset or progression of disease health problems. For a full list of these and future classes available, contact the ADRC or check out our website at <https://www.waukeshacounty.gov/ADRCWorkshops/>.

Healthy Living with Diabetes - This workshop is ideal for any adult with pre-diabetes or type 2 diabetes as well as those adults living with someone who has diabetes or pre-diabetes. Participants learn skills to increase their knowledge and confidence about managing diabetes. Monitoring, nutrition, action planning, exercise and symptom management are some of the topics covered during these 6 weekly sessions. This workshop does not replace your existing treatment regimen.... rather it complements it.

Wednesdays, September 18 – October 23, 2019 | 11:00 a.m. – 1:30 p.m.

Location: Aurora Medical Center Summit – Armour Room 36500 Aurora Dr. | Summit, WI 53066

Contact: Trish Golden at 262-434-1248

Cost: Complimentary

Class size: 20 maximum participants

Boost Your Brain & Memory - Boost Your Brain and Memory is a multi-faceted, whole person program offering a unique approach to brain fitness. Instructor led activities guide adults through a series of physical, emotional, intellectual, nutritional, spiritual, and social activities that can lead to improved brain health. Each of the 7 or 8 weekly sessions includes informational video segments, followed by group discussion and activities. Program participants learn practices that can help them live a healthier life, remember things better, be more organized and pay closer attention.

Tuesdays, October 1 – November 19, 2019 | 9:30 a.m. - 11:00 a.m.

Location: Waukesha YMCA 320 East Broadway | Waukesha, WI 53186

Contact: Robyn at (262) 542-2557

Cost: Complimentary

Class size: 20 maximum participants

Chronic Pain Self-Management - For adults living with chronic pain (such as musculoskeletal pain, fibromyalgia, repetitive strain injury, chronic regional pain syndrome, post stroke, or neuropathy) and for those who support them. Participants gather information and practical tools to develop self-management skills, improve self-confidence and increase motivation to better manage their chronic pain symptoms and challenges. This workshop meets for 2.5 hours over 6 weeks. This workshop includes use of the Chronic Pain workbook and Moving with Ease exercise CD.

Fridays, November 8 – December 20, 2019 | 1:30 p.m. – 4:00 p.m.

Location: Learning in Retirement (WCTC Waukesha Campus) 327 E. Broadway | Waukesha, WI

Contact: 262-695-3473 or www.wctc.edu/lir

Cost: Complimentary

Class size: 20 maximum participants

We invite those living with memory loss, and their care partners and families, to attend our **free** family-friendly outing, which will include a planetarium show, live animals, and refreshments. We hope to see you and your family there!

Please join us for the
Library Memory Project

RSVP preferred by Friday September 20

- Call Bridges Library System at 262-896-8080
- Or sign up at:
Bridgeslibrarysystem.org/events/family-day

Thank you to the family and friends of Dan and Joyce Benson for their generous donations, which have made this event possible.



Family Day

Sunday, September 29, 2019
1:00-4:00 p.m. (drop in anytime)

Retzer Nature Center
S14 W28167 Madison St.
Waukesha, WI 53188

Alice Baker Public Library
820 E. Main St.
Eagle, WI 53119 (262) 594-2800
Coffee With A Cop
Friday, Sept. 27 at 9:30 AM
www.alicebaker.lib.wi.us

Elm Grove Public Library
13600 Juneau Blvd.
Elm Grove WI 53122 (262) 782-6700.
Les Paul: The Man Who Forever Changed Music
Wednesday, Sept. 18 at 1:00 PM
<http://elmgrovelibrary.org>

Menomonee Falls Public Library
W156 N8436 Pilgrim Rd
Menomonee Falls, WI 53051 (262) 532-8900
Afternoon with the Ukuladies
Wednesday, Sept. 11 at 1:00 PM
www.menomoneefallslibrary.org

New Berlin Public Library
15105 Library Lane
New Berlin, WI 53131 (262) 785-4980
Beer and Cheese Pairing
Friday, Sept. 13 at 6:00 PM
Tuesday, Sept. 24 at 6:00 PM
www.newberlinlibrary.org

Pauline Haass Public Library
N64 W23820 Main St.
Sussex, WI 53089 (262)-246-5180
A Cup of Health: Bone Health
Tuesday, Sept. 17 at 10:00 AM
<http://www.phplonline.org/>

Waukesha Public Library
321 W Wisconsin Ave.
Waukesha, WI 53186 (262) 524-3680
Stories of Hope - presented by NAMI Waukesha
Wednesday, Sept. 25 at 6:30 PM
<http://waukeshapubliclibrary.org>

Mark your calendar for some of the Medicare Presentations scheduled for October

- Wednesday, October 2 at 1:00 p.m. - Elm Grove Public Library
- Monday, October 7 at 10:30 a.m. - Mukwonago Public Library
- Tuesday, October 8 at 1:00 p.m. - Pewaukee Public Library
- Wednesday, October 23 at 2:00 p.m. - Big Bend Library

College of Health Sciences Distinguished Lecture Series featuring **Martin J. Schreiber**

(This event is **FREE** and open to the public.)

A presentation by author and former Wisconsin Gov. Martin J. Schreiber on the topic of Alzheimer's Caregiving

Since late 2016, Schreiber has crisscrossed Wisconsin and traveled to 10 other states to help families, employers and healthcare providers understand the importance of counseling and other caregiver resources — support that de-stigmatizes the disease, reduces stress and alleviates guilt.

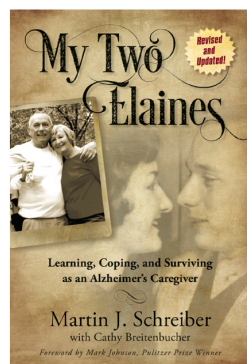
Wednesday, Sept. 18, 2019 | 6 to 8 p.m.

Stackner Ballroom, Campus Center
101 N. East Avenue, Waukesha, WI
Light refreshments will be provided.

Space is limited. RSVP online by Friday, Sept. 13, 2019
carrollu.edu/lecture-series

Questions?

Contact Karen Murray at
kmurray@carrollu.edu | 262.524.7648



Martin J. Schreiber book -
My Two Elaines



CARROLL
UNIVERSITY



Former Wisconsin Gov. Martin J. Schreiber is a nationally recognized crusader for Alzheimer's caregivers and persons with dementia. Reaching audiences around the country at live events and through various forms of media, Marty shares lessons from his decade-plus journey as a caregiver.

Marty's book, *My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver*, was named by caring.com as one of its Best Caregiving Books of both 2017 and 2018. Other recognitions include *My Two Elaines* being called the 11th Best Alzheimer's Book of All Time by bookauthority.org and Marty being listed at #2 on the list of Senior Social Media Influencers You Should Follow by currentsgreatcall.com.

Prior to writing *My Two Elaines* – and while still caring for his wife at home – Marty committed significant resources, both financial and personal, to help the Alzheimer's Association launch Operation: Stronger Together in 2015. This awareness program has helped the southeastern Wisconsin chapter connect record numbers of families to education and resources that are vital to successful caregiving. This and other initiatives have led to Marty being recognized with awards from the Alzheimer's Association and other organizations.

My Two Elaines will be released in its third print edition later this year, complemented by e-book and audiobook versions. Net proceeds are used to promote Alzheimer's caregiver support.

ACA.440 - MARTIN

Benefit Specialist Corner

Lowering Drug Costs for Medicare Beneficiaries



The Centers for Medicare & Medicaid Services (CMS) announced that the average basic premium for Medicare Part D prescription drug plans, which cover prescription drugs that beneficiaries pick up at a pharmacy, is projected to decline. Over the past three years, average Part D basic premiums have decreased by 13.5%, from \$34.70 in 2017 to a projected \$30 in 2020, saving beneficiaries about \$1.9 billion in premium costs over that time. As a result, Part D continues to be an extremely popular program, with enrollment increasing 12.2% since 2017.

In addition to the premium savings for beneficiaries realized as a result of the increased competition and strengthened negotiations in Part D, the continued decline in Part D bid amounts over the past three years is estimated to save taxpayers nearly \$6 billion in the form of lower Medicare premium subsidies.

In Medicare Part D, beneficiaries choose the prescription drug plan that best meets their needs, and plans have to improve quality and lower costs to attract beneficiaries. This competitive dynamic sets up clear incentives that drive towards value. Improvements to the Medicare Part D program that CMS has made to date include:

- Providing clinicians with information that they can discuss with patients on out-of-pocket drug costs at the time a prescription is written.
- Implementing Part D legislation to prohibit “gag clauses,” which keep pharmacists from telling patients about lower-cost ways to obtain prescription drugs.
- Requiring the Explanation of Benefits document that Part D beneficiaries receive each month to include information on drug price increases and lower-cost therapeutic alternatives.
- Empowering beneficiaries to select a plan that meets their needs by allowing plans to cover different prescription drugs for different indications, an approach used in the private sector.
- Allowing certain generic drugs to be substituted onto plan formularies more quickly during the year, so beneficiaries immediately have lower cost sharing for these drugs.
- Increasing competition among plans by removing the requirement that certain Part D plans have to “meaningfully differ” from each other, making more plan options available for beneficiaries.

The upcoming annual Medicare Open Enrollment period for 2020 begins on October 15, 2019, and ends on December 7, 2019. During this time, Medicare beneficiaries can choose health and drug plans for 2020 by comparing their current coverage and plan quality ratings to other plan offerings, or they can choose to remain in traditional Medicare. For the first time in ten years, the agency is redesigning Medicare Plan Finder, the website for Medicare plan selection, so beneficiaries will be able to more easily compare options and choose the plan that best meets their needs.

Shopping around to find what’s best for you is always a good idea, but you don’t have to do it alone. Free, unbiased assistance with plan comparisons is available at the ADRC. Elder Benefit Specialists can also check to see if you are eligible for any programs or benefits to save you money. Sign-up for a workshop at the ADRC during open enrollment. Registration will start October 1st. For further information and assistance call the ADRC of Waukesha County at 262-548-7848.

Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts ‘Welcome to Medicare’ classes on the second Wednesday of each month either 1 p.m. - 3 p.m. or

5:30 p.m. - 7:30 p.m. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is located at the Health and Human Services Building at 514 Riverview Avenue. To register for this free class or for more information, please contact the ADRC at 262-548-7848 or online:

www.waukeshacounty.gov/ElderBenefitSpecialistProgram/

Turning 65?
Need Medicare?

• A •

CUP

• OF •

HEALTH

• COFFEE TALKS •

BONE HEALTH

Education about osteoporosis and steps you can take to reduce their risk and stay healthy.

Sept. 5th | Stoney Creek | 10-11am

S69W14142 Tess Corners Dr, Muskego, WI

To Register Call: Anita at (414) 422-4686

Sept. 17th | Pewaukee Public Library | 10-11am

210 Main Street, Pewaukee, WI

To Register Call: Adult Ref. Desk at (262) 691-5670 ext: 925

Sept. 27th | Pabst Farms YMCA | 11:15am-12:15pm

1750 Valley Rd, Oconomowoc, WI

To Register Call: Member Services at (262) 567-7251

Complimentary coffee, tea and treats.

Reservations highly suggested.

WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield

782-1636 - Virginia
Brookfield Community Center
2000 North Calhoun Road
Monday through Friday at 12:00

Butler

783-5506 - Pam
Hampton Regency Apartments
12999 West Hampton Avenue
Monday through Friday at 11:45

Hartland

367-5689 - Katie
Breezewood Village Apartments
400 Sunnyslope Drive
Monday, Wednesday, Friday at 12:00

Menomonee Falls

251-3406 - Diane
Menomonee Falls Community Center
W152 N8645 Margaret Road
Monday through Friday at 12:00

Mukwonago

363-4458 - Lynn
Birchrock Apartments
280 Birchrock Way
Monday through Thursday at 12:00

Muskego

414-422-0420 - Jack
Stoney Creek Adult Community
S69 W14142 Tess Corners Drive
Monday, Wednesday, Friday at 11:45

New Berlin

784-7877 - Shawn
National Regency Retirement Community
13750 West National Avenue
Monday through Friday at 12:00

Oconomowoc

567-5177 - Margaret
Oconomowoc Community Center
220 West Wisconsin Avenue
Monday through Friday at 12:00

Sussex

246-6747 - Josh
Sussex Civic Campus
N64 W23760 Main Street
Monday through Friday at 12:00

Waukesha

547-8282 - Lucille
La Casa Village
1431 Big Bend Road
Monday through Friday at 12:00

Eligibility: Persons 60 years and older

For reservations, call the dining center manager between 9:30 a.m. - 12:00 p.m., one working day in advance, or the ADRC at (262) 548-7826.
Transportation may be available by taxi or Rideline for \$1.00 each way.
Some Meals Sites offer blood pressure checks free of charge and some have foot care available for a fee. Ask your meal site coordinator what is available.

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY

SENIOR DINING AND HOME DELIVERED MENU SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
HAPPY LABOR DAY NO MEALS SERVED	Turkey à la King Seasoned Rice Brussels Sprouts Dilled Carrot Coins Dark Rye Roll / butter Pineapple Juice Choc Chip Cookie Alt. Fresh Orange	Back to School Chilled Roast Beef & Cheddar w/ Onion Roll Carrot Sticks w/ ranch Watermelon Sun Chips Rice Krispies treat Alt. Fresh Fruit	NFL Kickoff Tailgate Packwurst on a Bun w/ Packerkraut Ketchup Bears Baked Beans Packers Potato Salad Windy Waldorf Salad Bears Frosted Brownie Alt. Fruited Yogurt	Beef Stroganoff Egg Noodles w/Gravy Diced Beets Romaine Salad w/ Italian Dressing Sourdough Bread w/ butter Fresh Pear
9	10	11	12	13
Swedish Meatballs Mashed and gravy 5-way Mixed Veg Mandarin Oranges Bread w/Butter Butterscotch Pudding Alt. Sugar Free Pudding	Swiss Steak Mashed Potatoes w/ gravy Peas & Carrots Whole Grain Bread w/ butter Fruited Yogurt	Peachy Pork Roast Cheesy Potatoes Maui Vegetable Blend Potato Dinner Roll w/ butter Pineapple Chunks Dessert Bar Alt. Fresh Fruit	Cheeseburger on Wheat Bun Lettuce, Tom, Onion Ketchup, Mustard Green Beans Potato Salad Fresh Apple	MANDATORY STAFF TRAINING PROGRAM CLOSED
16	17	18	19	20
Pork Chop Suey Soy Sauce Packet Brown Rice Oriental Blend Veg Cook's Choice Fruit Dinner Roll w/ butter Snickerdoodle Cookie Alt. Orange	Roast Beef Baked Potato w/ butter & sour cream Green Bean Casserole Pickled Beet & Onion Salad Fresh Fruit Salad	St. Louis Style BBQ Boneless Ribs Mashed Sweet Potatoes Key Largo Vegetables Biscuit w/ butter Apple Crisp Alt. Fresh Apple	Open-faced Hot Turkey and Gravy over bread Mashed Potatoes and gravy Peas and Carrots Fruit Cocktail Frosted Yellow Cake Alt. Fresh Fruit	Summer's Last Stand Brat on Sausage Roll Ketchup / Mustard Baked Beans Broccoli Salad Cantaloupe Ice Cream Cup Alt. Sugar Free Ice Crm
23	24	25	26	27
Baked Ham Scalloped Potatoes 5-Way Mixed Vegetable Wheat Bread w/ butter Pineapple Tidbits	Garlic and Herb Grilled Chicken Breast Roasted Red Potatoes Spinach Salad with Dressing Multigrain Bread Butter Fresh Pear	Oktoberfest Beef Rouladen Mashed pot w/ gravy Sweet and Sour red cabbage Applesauce Black Rye Bread butter German Choc Cake	Oven Roasted Chicken on the bone Brown Rice with Garlic Herb Sauce Green Bean Casserole Wheat Bread w/ Butter Watermelon	Meatloaf w/ Gravy Garlic Mashed & gravy Dill Crinkle Cut Carrots 7 Grain Bread butter Mixed Fruit Cup Banana Cake w/Cream Cheese Icing Alt. Banana
30				
Creamy Mushroom Chicken Breast Baby Reds w/ butter Winter Blend Veg Dinner Roll/Butter Cantaloupe Chocolate Mousse Alt. Diet Pudding	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>The ADRC, Waukesha County Senior Dining Sites, and Meals on Wheels will be closed: Monday, September 2nd and Friday, September 13th</p> </div>			

ASK INA

My mother was recently hospitalized and her care team have asked me if her power of attorney for health care has been activated or if she is her own health care decision maker. I know that she has established a power of attorney document, but I don't understand the differences between activation, deactivation, and revocation of a power of attorney for health care (POA-HC).

Lah Norder

Dear Ms. Norder:

I am glad to hear that your mom has established a POA-HC. This means that she has already designated someone to be her representative, or agent, in the event that she becomes unable to make her own health care decisions. Plus, a secondary agent is typically chosen, in case the primary agent is unwilling or unable to act as the individual's health care decision maker.

An individual's POA-HC goes into effect once it becomes activated. Activation begins when two physicians (or one physician and one licensed psychologist) find that the individual is incapacitated to the point where they can no longer make their own health care decisions. The two physicians (or psychologist) must personally examine the individual and sign a statement specifying that the individual has incapacity. Mere old age, eccentricity, or physical disability, either singly or together, is insufficient to make a finding of incapacity. The physicians (or psychologist) who make a finding of incapacity cannot be a relative of the individual, nor can they have knowledge that he or she is entitled to, or has a claim on, any portion of the individual's estate.

Deactivation occurs when the individual has regained capacity to make their own health care decisions. This may occur informally once the individual again becomes able to make his or her own health care decisions. The term "deactivation" is not mentioned in Wisconsin state statutes, therefore, no formal process is technically required. However, it can be helpful for a formal process to be used. This could consist of two physicians (or one physician and one psychologist) signing a statement that the individual has regained capacity to make their own health care decisions. Since a formal process is not required, some facilities and providers use only one signature. The desires of an individual without an incapacity always supersedes the effect of their POA-HC.

Revocation occurs when the individual has decided to rescind their POA-HC document. An individual retains the right to revoke their POA-HC document at any time, including after their document has been activated due to an incapacity. An individual could revoke his or her document in several ways, including: expressing the intent to revoke before two witnesses, burning or tearing up the document, signing and dating a statement indicating their desire to revoke the document, or by executing a new POA-HC document.

Where can I find more information or assistance with a power of attorney for health care?

The Greater Wisconsin Agency on Aging Resources' (GWAAR), Guardianship Support Center (GSC) is a neutral, statewide, informational helpline for adults throughout the state of Wisconsin. They can provide information on topics such as powers of attorney, guardianship, and protective placement. However, the GSC is not able to provide information on guardianships, wills, trusts, or family law for minors; and they are not able to provide legal representation or provide direct involvement in cases. The GSC toll free helpline is: 855-409-9410, or you can visit their website at: www.gwaar.org/gsc.

What are some other free or low-cost legal resources?

Other resources include the American Bar Association's website where members of the public can ask legal questions to volunteer attorneys. The website is: <https://wi.freelegalanswers.org/>. In addition, you can find an attorney through the Lawyer Referral Information Service (LRIS) or the modest means program with the Wisconsin State Bar if income qualifications are met. You can find more information on these two programs at: <https://www.wisbar.org/>.

GWAAR newsletter, *the Guardian*, Volume 7, Issue 2, June 2019.

State of Wisconsin Department of Health Services, Instruction to Complete the Power of Attorney for Health Care Form.

Debunking the Myths of Older Adult Falls



Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented - and you have the power to reduce your risk. Exercising, managing your medications, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

Every year on the first day of fall, we celebrate National Falls Prevention Awareness Day to bring attention to this growing public health issue. To promote greater awareness and understanding, here are 8 common myths - and the reality - about older adult falls:

Myth 1: Falling happens to other people, not to me.

Reality: Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S.

Myth 2: Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won't fall.

Reality: Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. Social activities are also good for your overall health.

Myth 4: As long as I stay at home, I can avoid falling.

Reality: Over half of all falls take place at home. Inspect your home for fall risks. Fix simple but serious hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second handrail on stairs, and non-slip paint on outdoor steps.

Myth 5: Muscle strength and flexibility can't be regained.

Reality: While we do lose muscle as we age, exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways - including protection from falls.

Myth 6: Taking medication doesn't increase my risk of falling.

Reality: Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your health care provider about potential side effects or interactions of your medications.

Myth 7: I don't need to get my vision checked every year.

Reality: Vision is another key risk factor for falls. Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help. Ask your optometrist for a referral.

Myth 8: Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

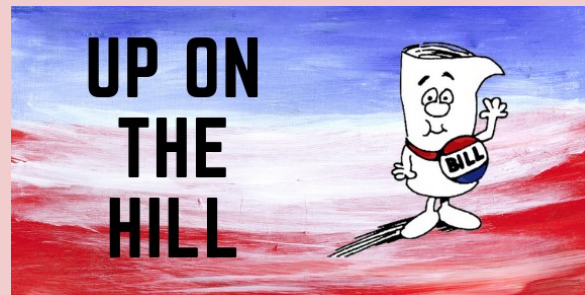
Learn more about falls prevention at www.ncoa.org/FallsPrevention.



National Council on Aging

Celebrating the 20th Anniversary of the Olmstead Decision

Twenty years ago, the U.S. Supreme Court ruled that separating and isolating people with disabilities from the rest of society is a form of unlawful discrimination under the Americans with Disabilities Act (ADA) and that individuals with disabilities must receive services in the most integrated setting appropriate to their needs. The landmark case - Olmstead v. L.C. - has helped make it possible for many older adults and people with disabilities to live and participate in their communities.



On June 25, 2019, the U.S. Department of Health and Human Services' Administration for Community Living (ACL) and the HHS Office for Civil Rights (OCR) hosted an event in Washington, D.C., to celebrate the last 20 years of progress and to reflect on the work that still lies ahead. Guests at this event heard about the importance of the Olmstead decision from people with disabilities who shared some of their own experiences. The event also featured remarks from HHS leaders and national experts who discussed the impact of the Olmstead decision for individuals with disabilities and the future of inclusive communities.

The Olmstead decision fundamentally changed the way our country approaches disability rights and opened doors for millions of Americans to live the lives they want to live, in the community, alongside people of all ages, with and without disabilities.

The Supreme Court held that states are required to provide community-based services for people with disabilities (versus institutional services) when such placement is appropriate, and the affected person does not oppose such treatment, and the placement can be reasonably accommodated, taking into account the resources available to the state and the needs of other individuals with disabilities.

As a result of this court decision and enforcement activities, many individuals have transitioned from an institution to the community, and many individuals have avoided unnecessary institutionalization. For example:

- Individuals who had been institutionalized for decades are now receiving services in their community.
- Individuals who lost their housing and/or community-based supportive services when they were forced to enter an institution (due to acute health care issue) have had their needed services provided for or restored.
- Individuals with disabilities are able to access home and community-based services through the Medicaid Waivers program.
- Increased hours of personal care and assistance are being provided to individuals who require additional services to remain in the community.
- Individuals with disabilities now have greater control over their community-based care and services.

During the celebration in Washington D.C. last June, HHS Deputy Secretary Eric Hargan reminded the audience that although more people with disabilities have access to, and are taking advantage of, community living options, integration is still not a reality for all Americans. Representatives from agencies that attended the occasion expressed that in the future they would like to see:

- More people with disabilities holding leadership positions in the business sector.
- A more complete view of health care based around a continuum of support and care.
- A reduction in disparities in the quality and accessibility of services between states.
- Increased efforts to promote person-centered thinking and planning.
- Federal incentives for states to build the capacity of integrated home and community-based services for people with disabilities.

ACL Administrator Lance Robertson closed out the event, thanking everyone for their support and dedication to bettering the lives of people with disabilities. He stated, "We've come a long way since the Olmstead decision, but we're far from done. The ACL is committed to seeing community living become a reality for every older adult and person with a disability who seeks it."

(From the Administration for Community Living (ACL) website and newsletter.)

UPCOMING EVENTS

September 2– Labor Day Water Ski Show @ Pewaukee Lakefront Park, 5:30 pm. This show features water skiers in colorful costumes performing human pyramids, barefoot water skiing, ladies’ ballet line, conventional doubles, and more! Admission is free and is a fun experience for the whole family.

September 7– Oconomowoc Fall Festival @ Downtown Oconomowoc, 9 am–7 pm. Main Street will be lined with vendors, food, entertainment and more for the 8th annual Fall Festival! Admission is free.

September 7 & 8– Frank Mots Kite Festival Milwaukee @ Veterans Park, 10 am–6 pm. This is the 41st year of the Frank Mots Kite Festival! The Chicago Fire Kite Team will be featured, along with the giant kites of Gift of Wings with live performers and entertainment. Admission is free.

September 13– Delafield Fall Art Walk @ Downtown Delafield, 5-9 pm. Local artists display their creations throughout downtown and the streets come alive with color and music. Leisurely stroll through and admire the artwork as you enjoy the fall weather.

September 14– Stonewood Village Makers Market @ Stonewood Village, 10 am– 4 pm. Join in for a fun filled day of shopping, entertainment, and food with free admission! There will be food trucks, live music, and 60 local artists set up throughout Stonewood’s charming, historic grounds.

September 21– Retzer Nature Center’s Apple Harvest Festival @ Retzer Nature Center, 9 am– 4 pm. This family-friendly community event features homemade apple desserts, apple ciders, an apple market, beer garden, art and craft exhibitors, horse-drawn wagon ride, live music, a silent auction, and more! Admission is \$10 per carload.

September 21– Mukwonago Fall Fest @ Downtown Mukwonago, 10 am– 4 pm. Enjoy over 100 crafters, vendors, and businesses as well as an obstacle course, pony rides, petting zoo, pumpkin decorating, chili cook off, and more! There will also be an opportunity for fall family photos!

September 27-29– Harvest Fest @ Wisconsin State Fair Grounds, 9 am– 11 pm (Friday and Saturday), 9 am– 5 pm (Sunday). A bounty of fun for everyone! Admission is free and includes fun activities for kids of all ages including pumpkin carving and decorating, tractor maze, scarecrow making, amusement rides, and more as well as food vendors and more than 50 craft beers for adults. The farmers market features everything from fall décor to flowers and more.

September 28– Harvest Health Fair @ Good Harvest, 11 am– 3 pm. Good Harvest is hosting their 15th annual Harvest Health Fair which allows for several opportunities to learn about alternative physical, mental, and spiritual healthcare solutions as well as being able to participate in free mini services or demos. Also included are free samples, local food vendor sampling, prize raffles, and kid’s activities.

September 28 & 29– Piala’s Nursery Fall Fest @ Piala’s Nursery & Garden Shop, 9 am– 5 pm. This is the 9th annual Fall Fest at Piala’s Nursery that helps celebrate the season while supporting the community, local groups, and local artisans. Highlights include live music, hot food and beverages, resident animals and peacock palace, and games!

It’s Grandparents Day!

September 8, 2019, is recognized as National Grandparents Day and at the ADRC, we would like to acknowledge all older adults who play an important role in supporting and encouraging the generations behind them. Thank you!





FAMILY COMMUNITY HEALTH FAIR

A BILINGUAL EVENT!

**OCTOBER 2, 2019
4:30 PM - 7 PM**

WAUKESHA SOUTH
HIGH SCHOOL -FIELDHOUSE

401 E ROBERTA AVE.
WAUKESHA, WI 53186

FREE HEALTH SERVICES:
(For those on medicaid or uninsured)
CHILD VACCINES | BLOOD SUGAR/CHOLESTEROL SCREENING | ADULT FLU SHOTS
| COMMUNITY RESOURCES | & MORE!

FREE MEAL | VENDORS | FREE GIVEAWAYS

www.bit.ly/FCHealthFair

Simple Tips
TO HELP DECREASE YOUR CHANCES OF
CATCHING THE FLU




As summer fades and the colder seasons are upon us, influenza commonly known as “the flu” becomes a concern once again. Influenza can cause serious illness for anyone; however, the very young, those 65 and older, and those with chronic medical conditions are especially susceptible to severe illness and complications. Last year in the state of Wisconsin, 3,500 people were hospitalized and 126 people died due to flu-associated complications. Thankfully, there are simple steps you can take to help decrease your chances of catching the flu or even lessen the severity should you become ill.

Now, what can you do?

- **Wash your hands often** - This will decrease transmission of germs which we pick up everywhere we go. In public restrooms, use a paper towel to turn off the faucet and another to dry your hands.
- **Eat and sleep well** - Fruits and vegetables are full of antioxidants and quality sleep reduces stress. All of this helps keep your immune system healthy and ready to fight infections.
- **Exercise** - Another proven immune booster!
- **Get the flu shot** - All people 6 months and older are recommended to get the flu shot. The flu shot is safe, effective, does not cause the flu and can lessen the severity and duration of illness if you do come down with the flu. Why do some people still become ill even though they received their flu vaccine? It can take up to 2 weeks for the vaccine to be effective. In that time frame, it is possible to come into contact with the flu virus and become ill. Also keep in mind, you can still catch a cold or other respiratory virus which is not the same as the flu. The flu shot also helps decrease your chance of spreading flu to your loved ones.
- **Watch your fingers** - We don't realize how often we bring our fingers to our eyes, nose and mouth - every itch, cough, sneeze, runny nose etc. Each time we do this we can spread germs we've picked up on our hands and make ourselves ill. At the same time, we can also pass on our germs to objects we touch and spread germs to others.
- **Stay away from those who are sick** - Sounds simple but it can be hard to cancel engagements or time with loved ones. Let your family and friends know that if you or they are sick, the best thing is to stay at home and rest until better. Keep in mind, you are trying to stay healthy so you can spend lots of time together in the near future!

Red Tomatoes: Eat a Rainbow of Vegetables

Now is the best time of year to enjoy tomatoes, especially if they are locally grown. Red, ripe tomatoes are in the **Red and Orange** vegetable category, known for disease-fighting antioxidants such as beta-carotene and lycopene. One large tomato has 1/3 of your recommended daily vitamin C and as much potassium as a banana, which supports healthy blood pressure.



When we eat a rainbow of different colored vegetables, our bodies get a greater variety of nutrients. The Vegetable Group has five subgroups: **Red and Orange**, **Dark Green**, **Beans/Legumes**, **Starchy**, and **Other**. Americans tend to eat more Starchy vegetables (potatoes, corn, green peas) than any other subgroup and underconsume the others.

Aren't tomatoes fruits?

Botanically, yes. Tomatoes are a fruit because they store the plant's seeds. In fact, many things we consider "vegetables" are actually fruit, including peppers, eggplant, zucchini, squash, pumpkins, and cucumbers... just to name a few! In cooking and in nutrition, tomatoes are usually considered vegetables, because they are most often prepared in savory ways.

Looking for new ways to enjoy tomatoes this summer? Try...

- For breakfast.** Spread whole-grain toast or a bagel with ricotta cheese or light cream cheese. Top with a thick slice of tomato, a sprinkle of dill, salt, and pepper.
- Roasted.** Toss whole cherry tomatoes or tomato halves in olive oil and seasoning, spread on a baking tray, and cook in a hot oven (425 degrees for about 20 minutes).
- As a snack.** Eat grape tomatoes out of your hand, with dip, or add to a salad.

Or, try this quick and delicious tomato recipe!

Tomato, Mozzarella, and Basil

Makes enough for 6-8

Ingredients:

- 3-4 tomatoes, washed and sliced
- 8 oz. mozzarella cheese, sliced (fresh or aged)
- 1 sprig basil, chopped
- 2 Tablespoons olive oil
- Salt and pepper (optional)

Instructions:

1. Layer tomatoes with mozzarella. Sprinkle basil on top.
2. Drizzle olive oil over the top. Sprinkle with salt and pepper if desired.



**FOOD
WISE**
healthy choices, healthy lives.



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY

515 W. Moreland Blvd., Administration Center Rm G22
Waukesha WI 53188

Phone: 262-548-7877 Fax: 262-548-7787

Para más información en español comuníquese con: 262-548-7882
www.waukeshacounty.gov/uwex

Calling All Stay at Home Parents & Grandparents

With the start of a new school year, some parents and grandparents may find they have more time to volunteer. The ADRC has some perfect opportunities for parents and grandparents to get involved and give back to community while their kids are away at school. Meals on Wheels drivers and dining assistants are needed throughout Waukesha County to assist with the senior nutrition program. With 11 nutrition centers throughout the county, volunteers can choose the center closest to their home.



Meals on Wheels drivers help out once a week or twice a month between the hours of 11:00 a.m. - 1:00 p.m. Most drivers deliver on the same route each time they go out and are reimbursed for their mileage.

Dining Assistants also help out once a week or twice a month between the hours of 9:30 a.m. - 1:00 p.m. depending on the dining center. They help pack meals for the Meals on Wheels program and serve lunch to seniors coming to the center for a hot, nutritious meal.

Help with Reassessment of Meals on Wheels— scheduling is flexible, training is provided, volunteers work independently, and they arrange for the reassessment based on their availability.

To learn more about these volunteer opportunities and locations contact: **Karen Straw 262-548-7829** or e-mail kstraw@waukeshacounty.gov

Introducing... our new ADRC Staff!

Katie Riemenschneider - Health Promotions Coordinator

I recently moved to Milwaukee from Columbus, Ohio, where I worked as a 4-H Healthy Living Program Coordinator for Ohio State University Extension. My educational background is in the field of health and wellness. I am responsible for coordinating the evidence-based programs the ADRC offers throughout Waukesha County. The programs are grounded in scientific research and use adult learning principles. Workshops are presented by trained volunteer leaders.

We currently offer the following programs:

- A Matter of Balance
- Boost Your Brain & Memory
- Healthy Living with Diabetes
- Healthy Living with Chronic Pain
- Living Well with Chronic Pain
- Powerful Tools for Caregivers
- Stepping On Fall Prevention

To learn more about evidence-based health promotion programs, call the ADRC at 262-548-7848 and ask for Katie Riemenschneider.

Jennifer Harders - Dementia Care Specialist (DCS)

Prior to coming to the ADRC I worked as the Waukesha County Community Outreach Coordinator with the Alzheimer's Association of Southeastern Wisconsin Chapter. I'm excited to continue working with persons living with dementia, their care partners, caregivers, family members, and friends in Waukesha County. In the 25+ years I've worked as a Social Worker, I've had the opportunity to work with persons living with dementia in a variety of settings. I've also worked closely with family members, friends, and other professionals to provide education about the disease process and information about resources available in the community. I look forward to continuing this work as the Dementia Care Specialist in Waukesha County.

Some of the services I will provide are:

- Cognitive screens.
- One-on-one consultations with persons living with dementia and/or their caregivers.
- Educational programs in the community.
- Dementia Friendly business training.

Please contact the ADRC at 262-548-7848 to learn more about the DCS program or to schedule an appointment.

If you are looking for an outing to an apple orchard this fall, there are a bushel of options throughout Waukesha County. Whether you want to go apple picking, enjoy a scenic autumn hayride, sip warm apple cider or even decorate caramel apples, there is an orchard for you!

Basse's Country Delight Farm Market

S70 W16050 Janesville Rd., Muskego, 414-422-0315
Ride a wagon to pick pumpkins. Caramel apples, bakery, honey and maple syrup. Weekends until Halloween.
bassefarm.com

Cozy Nook Farm

S11 W30780 Summit Ave., Waukesha, 262-968-2573
Pumpkins and fall decorations. Cows easily viewed.
Weekend hayrides. Open daily. cozynookfarms.com

Homestead Animal Farm

W320 N9127 Hwy 83, Hartland, 262-966-3840
Walk the corn maze and visit the animals. Buy pumpkins and fall decorations. Open for school tours and weekends. homesteadanimalfarm.com

Lindner Pumpkin Farm

19075 W. Cleveland Ave., New Berlin, 262-549-5364
A petting zoo, pumpkin bowling, Old Tyme Playground, train rides and a corn maze. Open daily through Halloween. lindnerspumpkinfarm.com

Prospect Hill Garden Center

19305 W. National Ave., New Berlin, 262-679-2207
Petting zoo, hayrides through the Ghostly Grove, a corn maze, a pumpkin patch and kids' games. Open weekends. prospecthillgardens.com

Peck & Bushel Fruit Company

5454 County Road Q, Colgate, 414-418-0336
10,000 dwarf apple trees. <http://www.peckandbushel.com/>

Schuett Farms

Highway 83 and Road X, Mukwonago, 262-968-4348
Pumpkin picking, smartphone navigable corn maze, hayrides and cow-feeding. Open daily.
schuettfarm.com

The Elegant Farmer

1545 Main St., Mukwonago, 262-363-6770
Pumpkin and apple picking. Autumn harvest festival weekends only through October 27.
www.elegantfarmer.com

APPLE ORCHARD WORD SCRAMBLE

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ANSWERS: Honeycrisp, Cortland, Empire, Jonathan, Hayride, McIntosh, Cornmaze, Pumpkins

ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188

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